NUTRITION *per serving* **38g** carbohydrates **28g** fat **11g** protein **100mg** sodium | vegetarian, gluten-free, soy-free

Calories
421

Prep & Cook Time
5-10 min.

Cook Within
7 days

Difficulty
Easy

Spice Level
Not Spicy

HOME CHEF

BLENDER REQUIRED

Piña Colada Smoothie

with coconut and pineapple

IN YOUR BOX

- 2 oz. Coconut, Sweetened, Flaked
- 6 oz. Frozen Pineapple
- 5.6 oz. Coconut Milk
- 8 oz. Sweetened Vanilla Almond Milk
- 5.3 oz. Vanilla Greek Yogurt

IN YOUR KITCHEN

- Ice
- Blender/Food Processor/ Immersion Blender

BEFORE YOU COOK

- Take a minute to read through the recipe before you start–we promise it will be time well spent!

WHILE YOU COOK

- Add **liquids** to blender canister first, followed by **yogurt**, and then add **coconut** and **pineapple** to get your smoothie nice and, well, smooth!
- **Heads Up!** Reserve a pinch of **coconut** and a couple **pineapple** chunks to garnish your smoothie.

FROM THE CHEF

White rum is the classic addition to this adult cocktail, but Kahlua or Midori also make great variants.

Did you know...
Puerto Rico is the birthplace of the piña colada. It has been the territory's national drink since 1978 and National Piña Colada Day is celebrated there every July 10th.

Prepare Ingredients and Blend

Place **all ingredients** in blender (reserve a large pinch of **coconut flakes** and 2 **pineapple chunks** for garnish). Blend on high 2 minutes, or until smooth.

Add Ice and Blend

Add 2 cups **ice** and blend 1 minute until smooth.

Drink Up!

Divide smoothie between two glasses, garnish with **coconut flakes** and **pineapple chunks**, and enjoy!